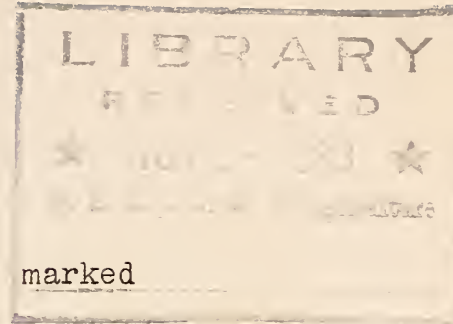


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D.C.



FOODS RICH IN CALCIUM AND PHOSPHORUS
(Numbers refer to literature references. Foods marked
with asterisk are excellent.)

Reserve

Foods Rich in Calcium

Almonds 24	Figs, fresh or dry 24
*Amaranth 7, 31	Hazelnuts 24
Beans, common or kidney, dry or fresh, shelled; also snap or string 24	*Kale 7, 20, 27
*Beet greens 23, 27	Kohlrabi 24
*Broccoli 21, 27	Leeks 24
Burdock, roots 7, 14	Lobster 25, 14
*Buttermilk 24	Maple sirup 24
Cabbage and cabbage greens 24	*Milk, whole or skimmed; evaporated, condensed, and dried 24
Cabbage, Chinese 7, 14, 23, 31	Molasses 16, 18, 24
Carrots 24	*Mustard greens 2, 7, 13, 27
*Cauliflower 24	Okra 24
Celery 24	*Orach 27
*Chard 24	Oranges 24
*Cheese 24	Oysters 24
Cheese, cottage 6, 9, 25	Parsnips 24
Chickpeas 19, 26, 28	Rutabagas 23, 24
Chicory, leaves 27, 30	*Sesame seed 15, 17, 27
*Clams 24	Shrimp 24
*Collards 13	Sorghum sirup 13, 27
Cottonseed flour 24	Soybeans 1, 2, 7, 10, 14, 31
Cream 24	Soybean flour 4, 22, 31
*Dandelion greens 24	Spinach 24
Dock or sorrel 27	Turnips 24
Eggs, whole 24	*Turnip tops 5, 7, 8, 13, 14, 30
Egg yolk 24	Watercress 7, 24
Endive 29	

List of foods based on data from sources noted on reference list. Fresh fruits and vegetables here included average .045% or more; those marked as excellent average at least .100%. Drier foods here included, and those used in smaller quantities, as dry vegetables, dry fruits, seeds, nuts, and sirups contain correspondingly higher percentages.

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Food Composition

Foods Rich in Phosphorus

Almonds 24	Meats (having more than 6% protein) 24
*Barley, whole 24	*Meats, lean or medium fat (having more than 12% protein) 24
*Beans, common or kidney, dry or fresh, shelled 24	*Milk, whole or skimmed; evaporated, condensed, and dried 24
Beans, lima 24	Orach 27
Brussels sprouts 24	*Oysters 24
Buckwheat flour 24	Parsnips 24
*Buttermilk 24	Peanuts 24
*Cheese 24	*Peas 24
*Cheese, cottage 25	Pecans 24
Chickpeas 19, 26, 28	Rice, brown 24
Clams 3, 24	*Rice bran 11
Cocoa 24	*Rice polish 10, 11
Collards 13	Rye flour 24
Corn, green, sweet 24	*Sesame seed 15, 17, 27
Cornmeal 10, 12, 24	*Shrimp 14
*Cottonseed flour 24	*Soybeans 1, 7, 10, 14, 31
*Cowpeas, or black-eyed peas, shelled 24	*Soybean flour 4, 22, 31
Dandelion greens 24	Spinach 24
*Eggs, whole 24	Walnuts 24
*Egg yolk 24	*Wheat, whole grain, graham or whole wheat flour 24
*Fish 24	*Wheat bran 24
Hazelnuts 24	*Wheat germ 24
Kohlrabi 24	
*Lentils 24	
*Lobster 3, 14	

List of foods based on data from sources noted on the reference list. Fresh fruits, fresh vegetables, and meats here included average .065% or more phosphorus; those marked as excellent average at least .130%. Drier foods here included, and those used in smaller quantities as dried vegetables, dried fruits, cereal products, seeds, nuts, and cocoa, contain correspondingly higher percentages.

Calcium and Phosphorus in Foods

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